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[**Having kids could actually help you live longer**](http://nypost.com/2017/03/14/becoming-a-parent-could-actually-help-you-live-longer/)

By Shaun Wooler, The Sun

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Having kids can extend your life by up to two years, a study found.

Men and women benefit, regardless of the sex of their child or whether the parents are married.

Researchers say sons and daughters help to keep their parents’ minds active and provide additional care in old age.

They analyzed data on 704,481 men and 725,290 women, looking at marital status and the number and sex of any children they had.

The remaining life expectancy of a 60-year-old man with offspring was 20.2 years, compared with 18.4 years for a childless man.

It means dads benefit from an extra 1 year 10 months of life.

The figures for women were 24.6 years and 23.1 years — a difference of 18 months.

At the age of 60, childless men had a 0.06 percent greater chance of dying within a year than a guy with kids.

By the time they hit 90, this difference had increased to 1.47 percent, as they became more dependent on their youngsters for care.

The differences for women increased from 0.16 percent to 1.1 percent over this period, the team from Karolinska Institute, in Stockholm, Sweden, found.

Unmarried men had the greatest benefit from having kids, suggesting they may be more reliant on their children in the absence of a partner.

Study leader Dr. Karin Modig said: “Having children is associated with increased longevity in old age.

“That the association increased with parents’ age and was somewhat stronger for the non-married may suggest that social support is a possible explanation.”

Pregnancy affects women’s hormones, which can affect their risk for various diseases, including cancer.

Having kids may also affect lifestyle choices, such as diet and smoking habits, and provide more emotional and social support.

The findings are published in the Journal of Epidemiology & Community Health.